



## *Calendar of Activities*

All activities must be booked in advance  
with our concierge as places are limited.  
Outdoor activities are subject to weather conditions.

# Monday

## **PILATES**

**7:00AM**

Our program is designed for all levels. If practiced with consistency it improves flexibility, balance and core strength in the whole body. Come prepared to sweat!

**Activity time:** 45 minutes

**Meeting point:** The SPA

## **WALK TO NOCELLE**

**8:00AM**

The ultimate scenic workout. You will climb 1865 steps to the perched village of Nocelle, ascending through olives trees and wildflowers to one of the Amalfi Coast's most breathtaking views. Please wear suitable trainers or trekking shoes. This tough, continuous climb is not recommended for guests with a heart condition.

**Duration:** ≈ 90 minutes

**Meeting point:** The SPA

## **HOTEL FLOWER TOUR**

**9:00AM**

Le Sirenuse boasts an incredible array of plants and flowers, tiered on all the terraces and halls of our iconic property. Our master gardener will take you on a tour that threads its way inside and out, all the while dispensing advice and information about the hotel's rare and traditional varieties, how they are cared for and where they come from!

**Duration:** 1 hour

**Meeting point:** The Lobby

## **OLIVE OIL TASTING**

**6:00PM**

Our Maître d'hôtel is delighted to introduce you to some of the finest olive oils in the world. Italy has over 2000 different species of olive and this ingredient is the foundation of our cuisine. Come and see why it is so special.

**Duration:** 1 hour

**Meeting point:** La Sponda Restaurant

# Tuesday

## **PILATES**

**7:00AM**

Our program is designed for all levels. If practiced with consistency it improves flexibility, balance and core strength in the whole body. Come prepared to sweat!

**Activity time:** 45 minutes

**Meeting point:** The SPA

## **MEGAFORMER**

**8:00AM**

Megaformer workouts are especially great for building core strength. Not only does a strong core help you feel confident and powerful in your body, it also helps you move more efficiently, maintain proper posture, and can help prevent injuries.

**Activity time:** 40 minutes

**Meeting point:** The SPA

## **EXCURSION ON THE SANT'ANTONIO**

**10:30AM**

All aboard the Sant'Antonio! This glorious, immaculately restored old fishing boat belonged to uncle Aldo, one of the four siblings who founded Le Sirenuse. This is the perfect way to enjoy views of the unspoiled coastline before taking a dip in the clean, cool Mediterranean. Complimentary drinks are served on board.

**Duration:** ≈ 2 hours

**Meeting point:** The wooden dock at the center of the beach

## **BOAT TRIP TO NERANO**

**12:30PM**

Nerano boasts some of the best restaurants on the coast. Please ask our concierge for advice and reservations. On the way there, stop for a quick swim at the iconic "Cathedral", one of the coast's characteristic sea grottoes. On arrival in Nerano, we'll drop you off in your individual parties at your chosen restaurants for an epic meal. After lunch, the boat will bring you back to Positano, so you can begin preparing for your evening!

**Duration:** ≈ 5 hours

**Meeting point:** The wooden dock at the center of the beach

**Cost:** Lunch will be individually paid to the restaurants

**Departs Nerano:** 4.00 pm

## **WINE TASTING**

**6:00PM**

Join Christian, our beloved Sommelier, who will lead you on a tasting of wines from the surrounding Campania region, widely regarded as one of Italy's hot new enological frontiers. It's educational, interactive, fun and sociable, but most importantly centered around great wine.

**Duration:** 1 hour

**Meeting point:** La Sponda Restaurant

# Wednesday

## **PILATES**

**7:00 AM**

Our program is designed for all levels. If practiced with consistency it improves flexibility, balance and core strength in the whole body. Come prepared to sweat!

**Duration:** 45 minutes

**Meeting point:** The SPA

## **DISCOVER POSITANO**

**8:00 AM**

Explore Positano's network of staircases, small piazzas and neighborhood chapels. This invigorating stroll leads from the beach to Positano's highest quartieri, where sweeping views await. Please wear suitable trainers or trekking shoes. Not recommended for guests with a heart condition.

**Duration:** ≈ 90 minutes

**Meeting point:** The SPA

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**Duration:** ≈ 5 hours

**Meeting point:** The wooden dock at the center of the beach

**Cost:** Lunch will be individually paid to the restaurants

**Departs Nerano:** 4.00 pm

## **SUNSET CRUISE**

**5:30 PM**

*(time will vary according to time of year, please enquire with the concierge)*

Get the be-all, end-all view of Positano from far out at sea, on board the Sant'Antonio. This glorious, immaculately restored old fishing boat belonged to uncle Aldo, one of the four siblings who founded Le Sirenuse in 1951. Drink Prosecco, eat some light bites and watch the incredible sunset, as the village lights up slowly on your late evening arrival.

**Activity time:** 2 hours, 15 minutes

**Meeting point:** The wooden dock at the center of the beach

## **COCKTAIL CREATION**

**5:30 PM**

Join our head Barman for a relaxed and fun mixology class during which you'll not only learn the basics, but get the chance to create your own signature cocktail!

**Duration:** 45 minutes

**Meeting point:** Aldo's Bar on the 4<sup>th</sup> floor

**Maximum number of participants:** 8 persons

# Thursday

## **STAIRWAY TO MONTEPERTUSO**

**8:00AM**

This enchanting walk up the ancient stepped footpaths to Positano's laid-back mountain cousin Montepertuso (and back) includes a 30-minute parkour-style workout at an incredible viewpoint along the way. Please wear suitable trainers or trekking shoes. The first part is a tough, continuous climb, so we don't recommend it for guests with a heart condition.

**Activity time:** ≈ 90 minutes

**Meeting point:** The SPA

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**Cost:** Lunch will be individually paid to the restaurants

**Departs Nerano:** 4.00 pm

## **ITALIAN CHEESE TASTING**

**6:00PM**

Join our Maitre d'Hotel, who be delighted to introduce you to a selection of the finest cheese made in Italy and in particular in Campania.

**Activity time:** 1 hour

**Meeting point:** La Sponda restaurant on the 3<sup>rd</sup> floor

# Friday

## **PILATES**

**7:00AM**

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**Activity time:** 40 minutes

**Meeting point:** The SPA

## **HOTEL FLOWER TOUR**

**9:00AM**

Le Sirenuse boasts an incredible array of plants and flowers. Our master gardener will dispense gardening tales and tips and illuminate the many species that make up our green world on a tour that threads its way inside and out!

**Duration:** 1 hour

**Meeting point:** The Lobby

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**Meeting point:** Aldo’s Bar on the 4<sup>th</sup> floor

**Maximum number of participants:** 8 persons





Via Cristoforo Colombo, 30 – 84017 Positano (SA) - Italia  
Tel. +39 089 875066 – Fax +39 089 811798  
info@sirenuse.it – www.sirenuse.it

